

	Group I		Group II		Group III	
	Set	meters	Set	meters	Set	meters
W.U.	200 Fly 200 Back 200 Breast 200 Free	800	200 One arm Fly 200 Back 200 Breast 200 Free	800	100 One arm Fly 200 Back 100 Breast 200 Free	600
	100 Easy	100	100 Easy	100	100 Easy	100
Main S.	4 x [4 x 50 Choice on 0:40]	800	4 x [4 x 50 Choice on 0:50]	800	4 x [4 x 50 Choice, 5 sec. Rest]	800
	100 Easy between sets	200	100 Easy between sets	200	100 Easy between sets	200
Pull	16 x 50 Free Pull on 0:50 Desc. 1 - 4	800	14 x 50 Free Pull on 1:00 Desc. 1 - 4	700	12 x 50 Free Pull on 1:10 Desc. 1 - 4	600
Kick	10 x 50 Kick on 1:15 Odd - Back Fly Even - Free	500	10 x 50 Kick on 1:15 Odd - Back Fly Even - Free	500	8 x 50 Kick on 1:20 Odd - Back Fly Even - Free	400
Hypox.	2 x 600 Hypox.	1200	2 x 500 Hypox.	1000	2 x 400 Hypox.	800
W.D.	100 Easy	100	100 Easy	100	100 Easy	100
Total		4500		4200		3600
Total Check :		4500	% of Total workout :			
	Primary		EN1/EN2		WEEK :	7
	Secondary		EN3		DAY :	3
	Maintenance		SP3			